



BayFit

LEISURE CENTRE

NEWSLETTER

NOV-DEC 2011

WELCOME TO THE NEW LOOK BAYFIT NEWSLETTER!

It will be a bi-monthly publication which will be available on our Facebook page, website and copies in club.

Don't forget our feedback box located at the front of the centre is also available for compliments-If we are doing something great, please let us know!

BAYKIDS

You don't have to be a member of BayFit to use the BayKids crèche! Casual visitors to the Centre can also take advantage of this beautiful state of the art childcare facility situated at the entrance to the BayFit Leisure Centre – come in and meet our friendly qualified staff and have a look around you will certainly be impressed!

GYM MEMBER CHALLENGE

Mid November will see BayFit's first Member Challenge. It has been designed to motivate and push you in the month leading up to Christmas. It will run over a 4 week period with a new challenge each week. See if you can match the PT and gym instructor's results.

The cost? It's complimentary and part of our commitment to providing great value & service for our members.

More information to be posted on Facebook and around the club soon. Register your interest with one of our gym instructors.

CLEAN EATING

EATING CLEAN IS TREATING YOUR BODY RIGHT!

It is eating the way nature intended. You eat the foods our bodies evolved to function best on, and that makes you feel – and look – fantastic! When you Eat Clean you eat more often. You will eat lean protein, complex carbs, and healthy fats. These practices keep your blood-sugar levels stable and keep you satisfied. **The best part is that if you need to lose weight it will happen almost without you having to try!** And yes, you can have a treat now and again. Best of all, Eating Clean keeps you feeling great and full of energy. In fact, you can forget all about the days when “dieting” meant feelings of hunger, lethargy or deprivation.

Eating Clean is not a fad; it's a way of life. When you Eat Clean your body will react by losing weight if you need to lose, maintaining a healthy weight if that's where you are, and even gaining weight if you are too skinny. But regardless of whether you want to lose, maintain or gain, you will feel better than you ever have before.

Never worry about counting calories again. You will never have to diet. Eating Clean will keep you lean and healthy for the rest of your long life.





CLEAN EATING RECIPE PRE WORKOUT – Power Packed Chocolate Muffins

Build muscle with these delicious protein-packed chocolate muffins with raisins. This recipe a great energy-boosting preworkout snack!

Ingredients:

- Non-stick spray oil

Dry Ingredients:

- 1 1/4 cup whole grain oats
- 1 cup whole wheat flour
- 2 tbsp unsweetened cocoa powder
- 2 tbsp whey protein powder (vanilla or chocolate)
- 1 tsp baking powder
- 1/2 tsp baking soda

Wet Ingredients:

- 1 large egg
- 1 cup unsweetened applesauce
- 1/2 cup buttermilk (or 1/2 cup low-fat milk + 1/2 tsp white vinegar)
- 3 tbsp honey
- 2 tbsp olive oil
- 1/2 cup raisins

Instructions:

1. Preheat oven to 350°F.
2. Lightly spray a 12-cup muffin pan with oil and set aside.
3. In a large bowl, mix together dry ingredients.
4. In a medium bowl, whisk together wet ingredients.
5. Make a well in the center of the dry ingredients and pour in wet ingredients all at once, stirring just until all dry ingredients are moistened. Stir in raisins.
6. Portion batter evenly into the prepared muffin cups. Bake 20

minutes or until tops spring back when lightly touched. Cool on a wire rack.

Nutrients per serving (Makes 12 muffins):
Calories: 182, Total Fats: 4 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 20 mg, Sodium: 122 mg, Total Carbohydrates: 30 g, Dietary Fibre: 4 g, Sugar: 9 g, Protein: 8 g, Iron 2 mg

RECIPE EASY PROTEIN BARS

- 8 Scoops Whey Protein Powder
- 3 Cups Oats
- 1 Package Sugar Free Fat Free Pudding
- 2 Cups Skim Milk

Mix all ingredients together in a bowl and spread in the bottom of a pan. Place in the fridge overnight and cut into individual squares the next morning.



FITNESS TIP 5 WAYS TO LOSE FAT

1. Climb two steps at a time

Whether on the stepmill at the gym or scaling the floors in your office building, taking steps two at a time will provide greater muscular benefits and a greater overall caloric burn.

2. Map out your plate

Taking a moment to mentally separate your dinner plate into sections can help you visualize how acceptable serving sizes look.

“Break” your plate in half, fill one of these sides with vegetables and whole grains. Split the other half into two once again; one of these sections will hold your lean protein serving while the other is the perfect size for a serving of healthy fats.

3. Add five minutes to your time

If you generally go for 30 minutes during your cardio workout, try boosting your time to 35, tacking on another five minutes every second workout until you reach 45 minutes.

Increasing your workout time gradually will make the jump from a half hour to three-quarters of an hour seem like a breeze!

4. Try a new, exotic food each week

You don't have to be making squid and lemongrass stir-fry for every meal, but taking your taste buds on a culinary adventure every now and again can help relieve the mediocrity of dieting.

5. Do an exercise – backward

We don't mean that you should do an about-face when squatting or pressing. Instead, try focusing on the eccentric motion of each rep – basically, the portion of the exercise wherein your target muscle lengthens.

For example, as you are doing a biceps curl, slowly return the weight to the starting position, fighting against gravity, instead of letting your arms swing to the bottom. During a squat, use control and clench your glutes as you sink to the lowest part of the move.

Why? Your muscles are actually able to move more weight during the eccentric portion of a lift – up to 40 percent more, in fact – than during the concentric portion

DID YOU KNOW?

Swimming Facts: Health and Exercise

- An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.
- Swimming strengthens the heart and lungs
- Swimming works out all of the body's major muscles
- Swimming help reduce stress
- Water's buoyancy make swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking a low-impact exercise.
- Swimming is a great cardiovascular exercise because you are moving against the water's resistance, which is over ten times that of the air.